

Pasta Frittata with Peas

Rating: ★★

Makes: 5 servings

Ingredients

- 4 ounces** spaghetti (whole grain, regular or thin)
- 4 egg** (lightly beaten)
- 1 dash** nutmeg (optional)
- 1/8 teaspoon** black pepper
- 1/8 teaspoon** salt (optional, can omit salt and pass at the table)
- 2/3 cup** cheese (shredded)
- 1 cup** peas (frozen, thawed, or 1 cup chopped tomatoes)

Directions

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

TOMATO VARIATION: Instead of mixing 1 cup of peas with the egg, seasonings, cheese mixture, sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	8 g	12%
Protein	10 g	
Carbohydrates	6 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	4.5 g	23%
Sodium	170 mg	7%

Notes

Salt omitted from nutrition analysis.